

# Missouri Takes Action On Obesity

*Conference sponsored by*



**Thursday, June 29, 2006**

**Ramada Inn in Jefferson City, Missouri**  
**8:30 a.m. – 4:00 p.m.**

# Objectives:

- Become familiar with Missouri’s Nutrition and Physical Activity Plan to Prevent Obesity
- Describe evidence-based interventions and best practices to impact obesity
- Commit to working on one action in Missouri’s Plan

The conference will be held at the Ramada Inn, 1510 Jefferson Street, Jefferson City. A block of rooms is being held at a special conference rate of \$49.00 per night. Rooms will be available at this price until June 14, 2006 by asking for the Missouri Takes Action on Obesity group rate. The hotel’s telephone numbers are 800-392-0202 or 573-635-7171.

- This continuing nursing education activity has been submitted for approval to Missouri Nurses Association, an accredited provider by the American Nurses Credentialing Center’s Commission on Accreditation. Six contact hours have been requested.
- Nutrition Training Institute is a Continuing Professional Education (CPE) Accredited Provider with the Commission on Dietetic Registration (CDR). Registered dietitians (RDs) and dietetic technicians, registered (DTRs) will receive 6 continuing professional education units (CPEUs) for completion of this program.
- This program qualifies for 6 Continuing Nutrition Education hours for Missouri WIC nutritionists.



# Acknowledgement

This meeting is supported by the Missouri Council for Activity and Nutrition (MoCAN), Missouri Department of Health and Senior Services, Missouri Foundation for Health, Missouri Beef Council, Missouri Hospital Association, KC Healthy Kids, University of Missouri Extension and MediaCross, Inc.

# Missouri Takes Action on Obesity Schedule of Activities – June 29, 2006

7:30 a.m. – 8:30 a.m.	Sign-In
7:45 a.m.	Optional morning walk to McKay Park
8:30 a.m. – 9:00 a.m.	Opening Remarks
9:00 a.m. – 10:15 a.m.	Keynote Speaker – William Dietz, M.D., Ph.D. <i>Getting to actions that make a difference in obesity prevention and control</i>
10:15 a.m. – 10:30 a.m.	Break
10:30 a.m. – 12:00 p.m.	<u>Concurrent Breakout Sessions – tentative</u>  1: <b>Schools</b> – In spite of numerous challenges, learn how a Missouri school district made policy and environmental changes to impact the health of its students. 2: <b>Communities</b> – Learn about evidence-based programs in Missouri to promote healthy lifestyle changes. 3: <b>Health care</b> – Learn about tool kits and other resources available to aid health care providers with overweight and obese clients. 4: <b>Policy</b> – to be announced
12:00 p.m. – 12:15 p.m.	Recess Before Lunch
12:15 p.m. – 1:15 p.m.	Lunch provided with enlightenment by Zonya Foco, RD, author of <i>Lickety Split Meals</i> – Sponsored by the University of Missouri Extension
1:15 p.m. – 2:45 p.m.	<u>Concurrent Breakout Sessions – tentative</u>  5: <b>Schools</b> – repeat of morning session 6: <b>Communities</b> – Learn how to build a community intervention around the needs of your community. Two Missouri examples are highlighted in this session. 7: <b>Work sites</b> – Heart healthy approaches to obesity in the work place will be presented. 8: <b>Childcare</b> – Learn about a program to educate teachers, parents and children about healthy eating and exercise choices in the childcare setting.
2:45 p.m. – 3:00 p.m.	Break
3:00 p.m. – 3:45 p.m.	Funding Opportunities – Learn about sources of funding to support your interventions.
3:45 p.m. – 4:00 p.m.	Evaluation and Closure

## Registration:

Name: \_\_\_\_\_

Occupation: \_\_\_\_\_

Place of Employment: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip Code: \_\_\_\_\_ Phone Number: (\_\_\_\_) \_\_\_\_\_

E-Mail Address: \_\_\_\_\_

Preferred A.M. Breakout session: \_\_\_\_\_

Preferred P.M. Breakout session: \_\_\_\_\_

Mail this completed form with your non-refundable  
registration fee of \$25.00 to:

Missouri Department of Health and Senior Services,  
Division of Administration, Fee Receipts,  
Attention: Obesity Conference  
P.O. Box 570, Jefferson City, MO 65102-0570

MAKE YOUR CHECK PAYABLE TO THE DEPARTMENT OF HEALTH & SENIOR SERVICES

**A confirming e-mail will be sent to you as your receipt.**

- Participants are asked to bring a sweater or jacket due to variations in temperature and personal preferences.
- Seating is limited. Cancellations must be made one week in advance by calling the Nutrition Training Institute 573-751-6481.
- Please indicate the breakout sessions you would like to attend for morning and afternoon sessions so we may assign each session to the appropriate room.
- If an accommodation is needed, contact the Bureau of Health Promotion at 573-522-2820.

**No on-site registrations will be accepted.**